

# GOOD FOOD



**A CHILD-to-child Reader**



03015

## How these stories were written

The authors of these stories have lived and worked in countries all over the world in Africa, the Caribbean, the Far East, India and Latin America. Some are doctors and some specialists in primary education and language teaching.

Paula Edwards, the editor, was formerly a nurse, has a PhD degree in the field of language and now teaches at the University of Cardiff.

They wrote these stories because they believe that Health Education should be taught through all subjects in the curriculum. They know that young children love stories and have tried to make these stories interesting and fun to read.



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# GOOD FOOD

**COLETTE HAWES**

with help from other members of the group

*Illustrations*

*by*

**Joan Gammans**

*Editor*

**Paula Edwards**



## MAINLY FOR PARENTS AND TEACHERS

As more and more work is carried out on nutrition, the importance of the right kind of diet in the early years is becoming clearer and clearer.

Babies must be breast-fed wherever possible.

Children must eat mixed foods.

They must eat enough and eat often.

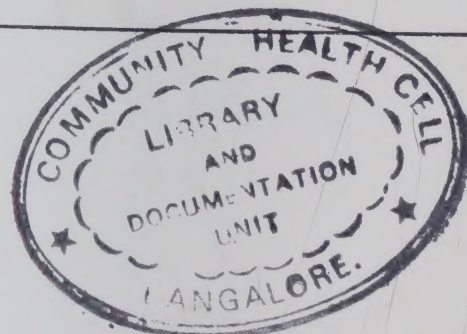
They must have cooked food.

They must have the right food.

This book attempts to show children, simply and clearly, how important food is when they are growing up. It explains the values of locally available foods and shows how good food can improve their health and happiness.

03015

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## MY FAMILY



This is a picture of me. I am eight. I am holding our new baby. His name is Yummy and he is five months old.

I am big. I can run. I can put a lot of things on my head. I help my mother. I wash. I work in the garden. I go to school. I can jump and play games. I am always very happy.



Yummy is fat. He can eat. He can drink. He cannot walk. He cannot talk. But he can say: "Ga,ga, Mummumm." He is often asleep. He is always very happy.

I have another brother and a sister. This is a picture of them.



My brother is six and my sister is four.

Yummy loves his brother and sister. He loves his mother and he loves me. We are all very happy.

Why are we all good and happy?

Because our mother gives us good food.





Our mother gives Yumyum her milk. She does not give him milk from the cow. She does not give him milk from the shop. She only gives her milk.

She gives Yumyum a little soft food too. She takes a sweet banana. She puts it on a plate. She mashes it with a spoon. She gives Yumyum soft banana with the spoon. She also gives him mashed fruit, mashed cooked rice and mashed cooked beans. Yumyum can eat any mashed food.





Mother gives Yumyum the mashed food a little at a time and many times a day.

Mother gives us all good food. Sometimes she gets the food from her garden.



Sometimes she buys food in the shops. Sometimes she buys food in the market.



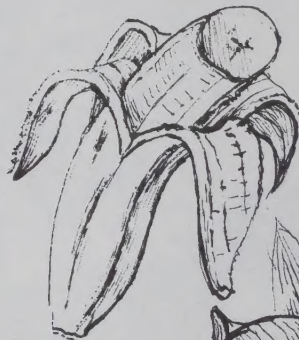
What fruits does our mother give us? She gives us:



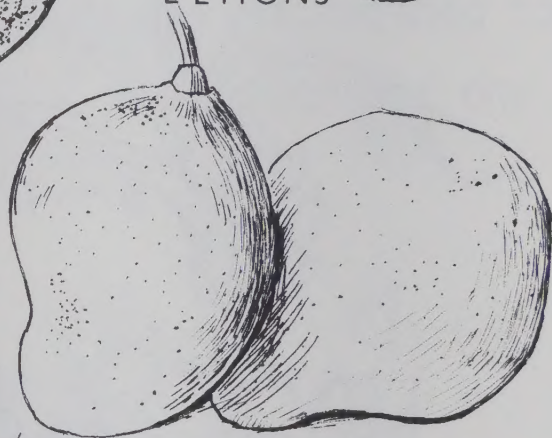
ORANGES



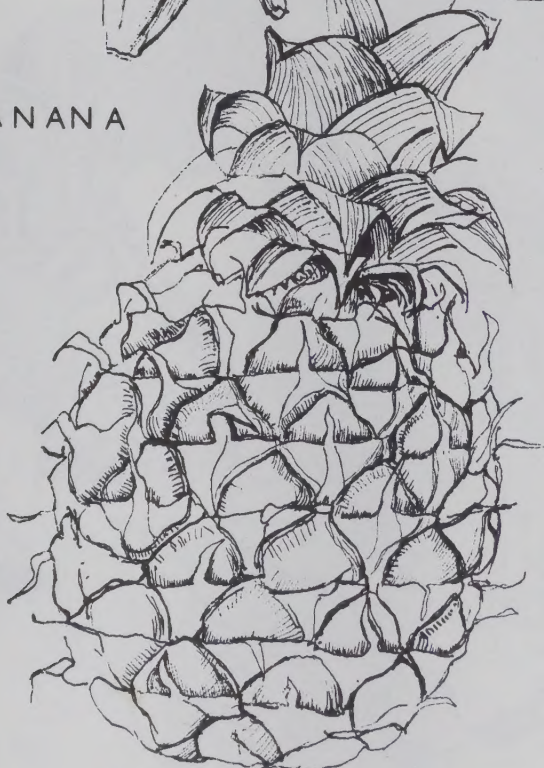
LEMONS



BANANA



MANGOES



PINEAPPLE



GUAVA



LIME



What vegetables does mother give us? She gives us:



CABBAGE



BEANS



TOMATOES



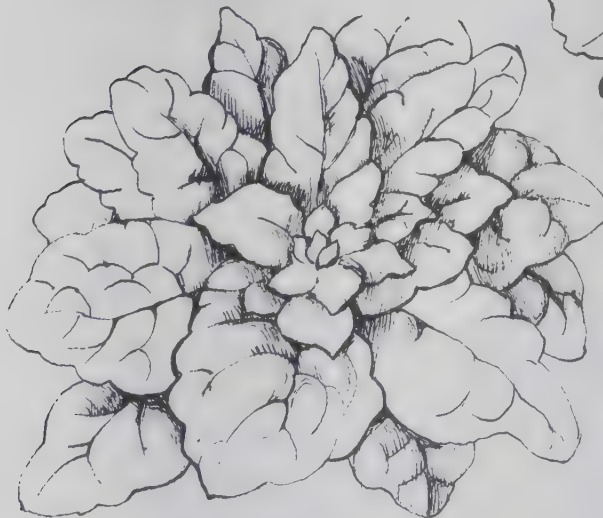
ONIONS



CARROTS



GREEN LEAVES



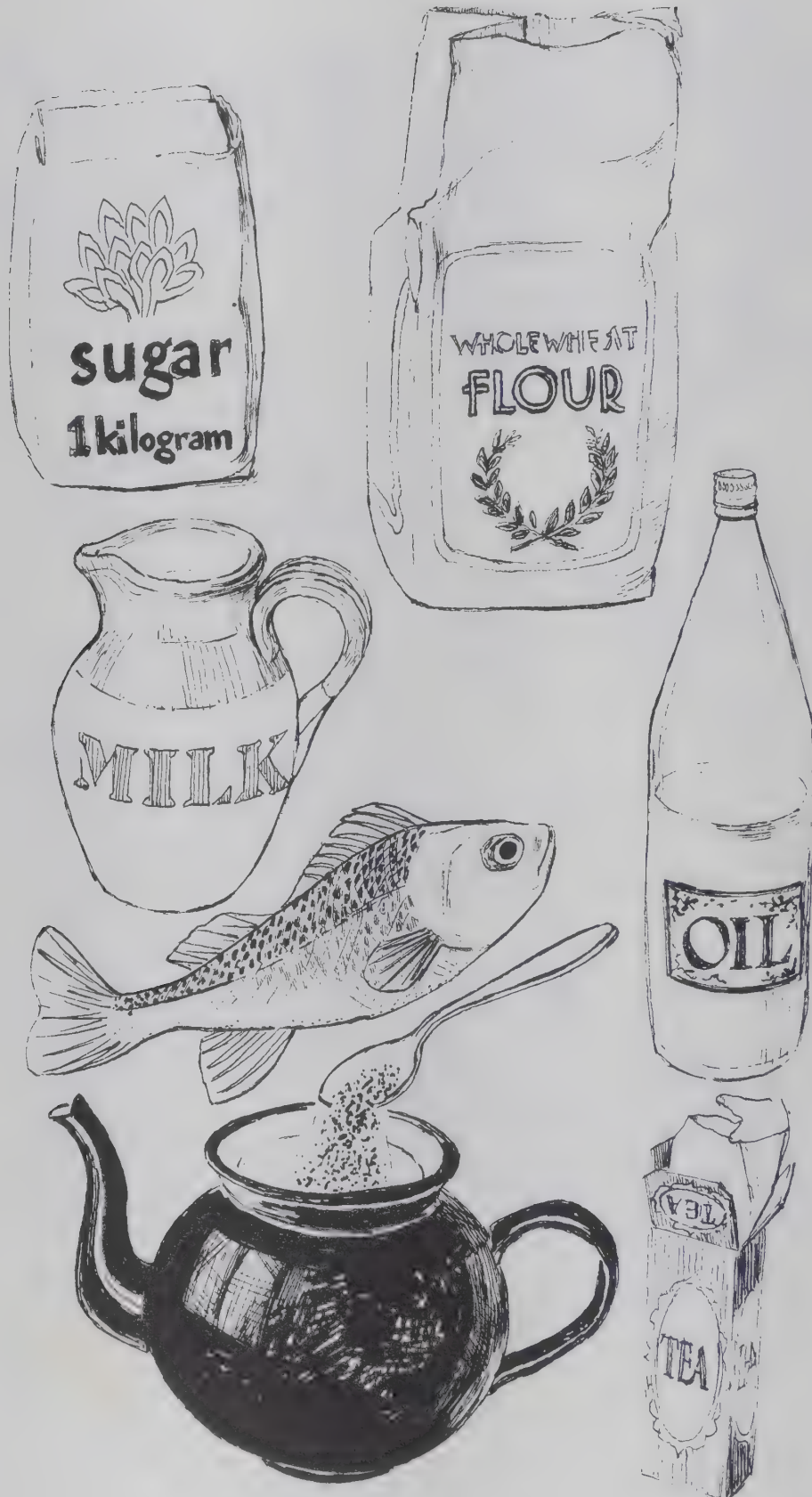
SPINACH



PEAS



What other foods does mother give us? Sometimes she buys:





What other food can she buy or get?



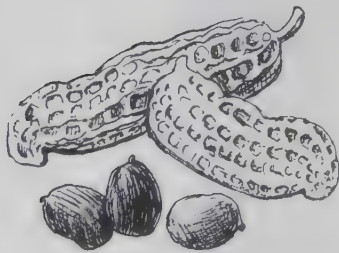
BREAD



RICE



POTATOES



NUTS



CHICKEN



MEAL



EGGS

Mother does not give us the same food every day.  
She gives us many foods. She gives us different foods.  
She gives us different foods many times a day.



When does our mother feed us?

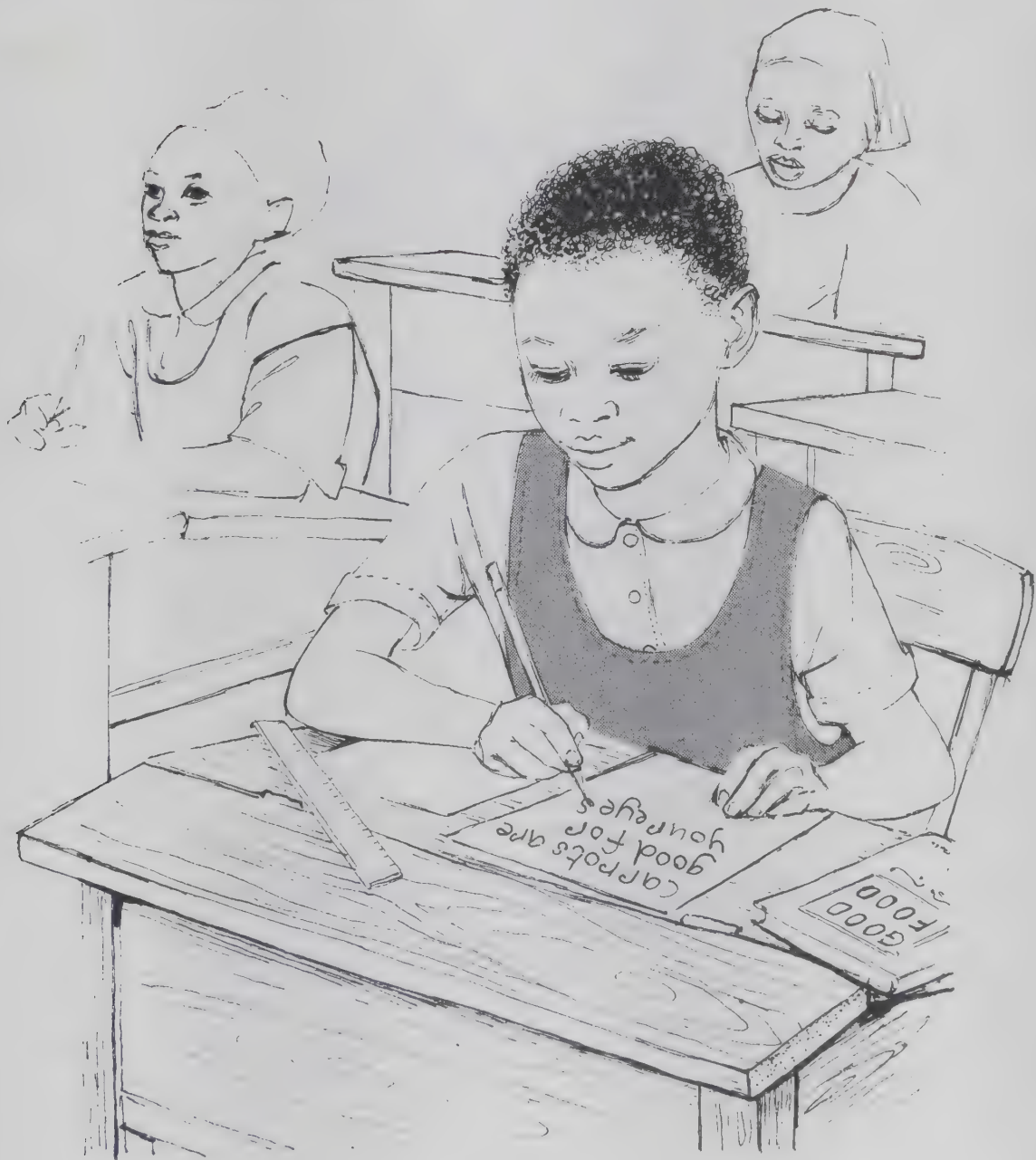
In the morning she gets up. She gets dressed and she washes. She always gives us food before she goes out. She also gives Yumyum her milk and a little mashed food. She gives us hot tea with a lot of milk. She also gives us some hot, cooked food.

Then I go to school.



I always eat before I go to school.

I do not go to sleep in school. I learn in school.  
I work very hard. I am happy because I eat good food  
before I go to school. I am not hungry when I am at  
school.



## A SAD FAMILY

A woman called Mrs. Bulbul lives near us. Once she had eight children: Anna, Mani, Elijah, Eve, Dori, Nana, Jonah and a baby, Wawa. Eve and Jonah are dead. Now she has six.

These children are not big. They cannot run well. They do not help their mother. They are dirty. They do not work. They are not happy.



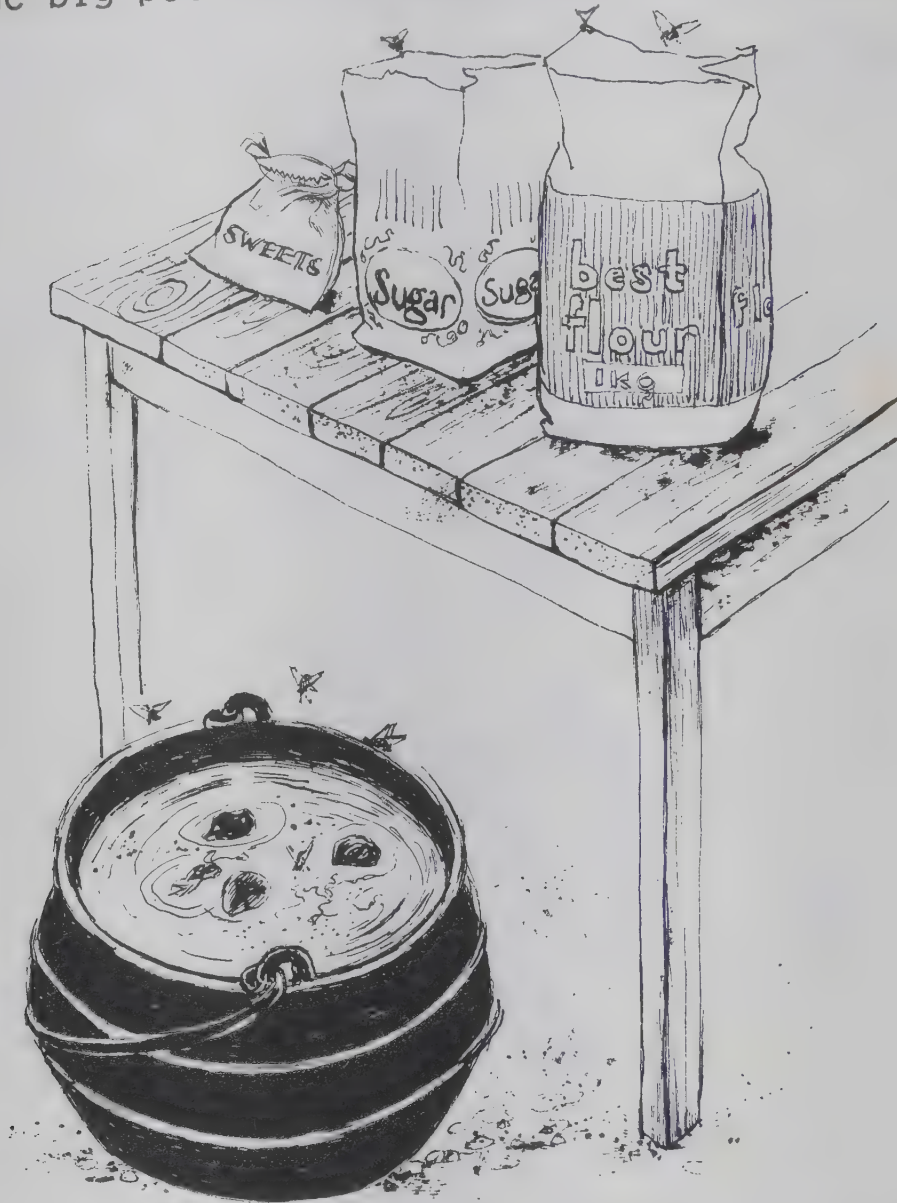


Wawa is six months old. He is not fat. He is very thin. Little Wawa is often ill. He cannot sit up. His eyes are big. His belly is big. He does not talk but he often cries.



Why are Wawa and the other children thin? Why are they not happy? Why are they often ill? Because Mrs. Bulbul does not give them good food.

Mrs. Bulbul gives her children the same food every day. She gives them cold food because she only cooks one big pot of food each day.



Mrs. Bulbul does not get food from her garden. There is nothing in it. She gets sugar and flour from the shop. She pays a lot of money. She gets only a little food for her money. The food is always the same.



Mrs. Bulbul does not give Wawa her milk. She gives him milk from a tin. She buys the tin in the shop. The tin always costs a lot of money. Milk from a tin is not very good for babies. Mrs. Bulbul does not know this.

Wawa is thin and ill. He is not happy because he does not get milk from his mother. He does not get mashed food. He does not get cooked food. He does not get different food. He only gets milk from a tin.



One day Mrs. Bulbul came to see our mother. She asked:

"Why does Wawa cry and Yumyum laugh?  
Why is Wawa thin and Yumyum fat?"



Why are your children happy yet my children cry?  
Why are your children always well and my children  
often ill?

Why are your children strong and my children weak?  
Why do your children help you? My children do not  
help me."



Mother asked: "Do you give Wawa your milk and some mashed food? Do you give your children food many times a day? Do you give your children different foods every day? Do you get food from your garden?"

Mrs. Bulbul answered: "No, I do not do any of these things."



"But you must do all these things," our mother said.

"I cannot," Mrs. Bulbul said. "I have a lot to do. I cook the pot of food. I clean my house and get water. I go to the town and talk to my friends. I buy cloth and take it to the tailor. I have no time to get food. When I come home, it is night. I go to sleep."

Mother said: "What does Anna do? She is ten. She does not go to school. She can help you." Then she said: "Dona goes to school. She can help you after school and in the holidays."

I said to Anna: "I am going to help you to plant spinach, beans, onions, carrots, tomatoes, and other things in your garden. The rain will make them grow."

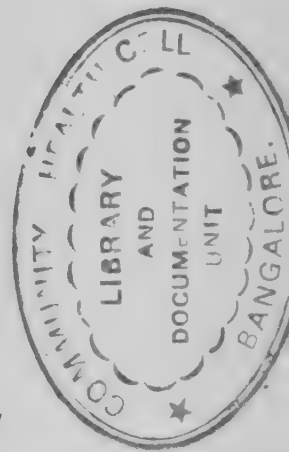


Mother said to Mrs Bulbul: "Go to market every day. Buy many foods in the market. Buy different foods. Food in the market is good."



TWO HAPPY FAMILIES

The rain came. Many things grew in the garden.  
Now Mrs. Bulbul gets food from her garden.



She goes to market every day. She buys many different foods. Anna mashes food for Wawa. Our mother helps her. She helps Anna mash beans, nuts and other foods. They put the food in a big pot and mash it with a big stick. When the food is soft, they cook it. But first they wash their hands.

When the food is cooked it is soft and hot.

3015 CH 110

Mrs. Bulbul likes it.  
All the children like it.  
Wawa likes it.





When I come home from school, I help Anna. We cook porridge. We cook green leaves, with a little water, onion, tomato and mashed nuts. We put these cooked vegetables on the porridge. We give this food to Wawa with a small spoon.

Wawa eats it. He likes it. He says: "Yummyumm!" Wawa always wants more.



Sometimes we cook eggs with oil, rice and vegetables. Sometimes we cook mashed grain with fish and vegetables.



Sometimes Mrs. Bulbul cooks a chicken or some meat. She cooks many different foods. Her children always want more. It is very good food. They get food many times a day now.



Sometimes the children are ill. They do not want food. We give them fruit. They eat a little fruit. We give them plenty to drink.



The children eat a little. It is good fresh fruit and it is mashed.

They drink a lot.

They get better.

Now they are all happy.

Mrs. Bulbul is happy because Anna is a very good cook.

Mrs. Bulbul came to see our mother. She said: "Thank you very much for helping me."

Anna is very happy because I am her friend. She said to me: "Thank you very much for helping me. Now my brothers and sisters eat well. They are happy because they eat many times a day. They can play and run and jump."

Wawa is very, very happy. He gets plenty of mashed food. He gets good milk. He is going to walk. He is going to talk. Wawa is going to be fat and big and happy like Yummy.





THINGS TO DO

- 1            Make a list of foods you can find  
              in the market.  
              Make a list of foods you can see  
              in the garden.  
              Make a list of foods you can see  
              in the shops.  
              Make a list of foods you can see  
              on the bushes.  
              Try to draw some of them.
- 2            Make a play with all the people in  
              the story. Do what Yumyum does. Say  
              what Yumyum says. Do the same with Wawa,  
              Mrs Bulbul and all the other people.  
              Then act the play for your friends.
- 3            Think of food you do not like. What can  
              you do to make it good?
- 4            Ask people to tell you what they do when  
              they cook. Ask people who cook well.  
              Write it on a piece of paper. Put these  
              pieces of paper together with a string.  
              Draw a picture on each piece of paper.  
              Now you have a cooking book.

RULES FOR THE GOOD FOOD GAME

- 1 Find 15 pictures of good food.  
You can also play the game with 13 or 10 pictures.
- 2 Draw squares in the compound, about 30 cm square.
- 3 Put your pictures in some of the squares.
- 4 Put numbers under the pictures.
- 5 Make a line 3 or 4 metres away from the squares.
- 6 The players must try to throw a small stone or roll a small ball into the squares.
- 7 The stone or ball must not touch any lines when it stops.
- 8 Add the numbers each player gets.
- 9 The player with the highest number wins the game.



ACTIVITY

## THE GOOD FOOD GAME

PICTURE 13		PICTURE 14		PICTURE 15
	PICTURE 11		PICTURE 12	
PICTURE 8		PICTURE 9		PICTURE 10
	PICTURE 6		PICTURE 7	
PICTURE 3		PICTURE 4		PICTURE 5
	PICTURE 1		PICTURE 2	

3 - 4 metres

REMEMBER!

Milk from mother is best.

Mash food for Baby.

Children must eat often.

They must eat different foods

Vegetables, nuts, grain, fruit.

Cooked food must be hot

Chicken, fish, meat, eggs.









The CHILD-to-child stories are edited by Paula Edwards, illustrated by Joan Gammans and written by a group of teachers and doctors:

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## ***WHAT IS CHILD-to-child?***

CHILD-to-child is an International Programme which teaches and encourages children of school age to concern themselves with the health, welfare and general development of their younger pre-school brothers and sisters and of other younger children in their community.

Each of the stories in this series of readers is based on the CHILD-to-child concept of one child helping another.

It is hoped too that children will read these stories to their younger brothers and sisters thus giving practical expression to the CHILD-to-child idea.



*Titles in this series:*

DIRTY WATER  
A SAD STORY  
A SIMPLE CURE  
GOOD FOOD  
TEACHING DANI  
ACCIDENTS  
THE ANSWER TEAM  
DOWN WITH FEVER

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